

**Your Personalized Stress Profile Test**

**Instructions:** Write a number in the blank at the left of each statement below, based on the frequency scale provided.

How frequently has each of the following statements been true about you during the past year?

0	1	2	3	4	5	6	7	8	9	10
Never		Rarely		Infrequently		Occasionally		Frequently		Very frequently

- \_\_\_\_\_ 1. I feel used up at the end of the day.
- \_\_\_\_\_ 2. I wish I could be as happy as other people seem to be.
- \_\_\_\_\_ 3. I try to do two or three things at once, rather than taking one thing at a time.
- \_\_\_\_\_ 4. If I could stop worrying so much, I would accomplish a lot more.
- \_\_\_\_\_ 5. I don't seem to get the same kind of lasting satisfaction that I used to from the time I spend with friends.
- \_\_\_\_\_ 6. I feel low on energy, exhausted, tired, or unable to get things done.
- \_\_\_\_\_ 7. I feel that many people see me as being a lot more successful than I really feel I have been.
- \_\_\_\_\_ 8. I tend to hold my feelings inside, rather than expressing them openly.
- \_\_\_\_\_ 9. When something difficult or stressful is coming up, I find myself thinking about all the ways things can go poorly for me.
- \_\_\_\_\_ 10. I don't feel really close to or accepted by the people around me, both family and friends.
- \_\_\_\_\_ 11. I tire quickly.
- \_\_\_\_\_ 12. I feel that my leisure time and recreational life don't express the really creative side of me.

- \_\_\_\_\_ 13. I tend to anticipate others in conversation (interrupting, finishing sentences for the other person), rather than listening well and letting the other person finish speaking.
- \_\_\_\_\_ 14. Whenever I try to put a worrisome thought out of my mind, it comes right back.
- \_\_\_\_\_ 15. I don't handle conflicts or disagreements with people as well as I'd like to.
- \_\_\_\_\_ 16. I get the flu or a cold.
- \_\_\_\_\_ 17. The ways I organize and use my time aren't a very accurate reflection of my interests.
- \_\_\_\_\_ 18. I get uneasy when I'm waiting.
- \_\_\_\_\_ 19. Decisions are hard for me because I spend a lot of time wondering if I've thought of all the alternatives.
- \_\_\_\_\_ 20. I feel I should be spending more time with my family.

## Your Stress Level and StressType Score Sheet

### Instructions:

- (1) In the numbered spaces below, enter the numerical scores and answers from the 20-item questionnaire.
- (2) Add the numbers across each of the five rows. The total score for each row becomes your score for that StressType.
- (3) Add up your five StressType scores. Enter this grand total in the "Stress Score" space provided. This final number summarizes both *your overall stress level*.

### STRESSTYPE SCORE

#### Basket Case

Items    —    —    —    —        =    \_\_\_\_\_  
          1    6    11   16

#### Drifter

Items    —    —    —    —        =    \_\_\_\_\_  
          2    7    12   17

#### Speed Freak

Items    —    —    —    —        =    \_\_\_\_\_  
          3    8    13   18

#### Worry Wart

Items      —      —      —      —      =      \_\_\_\_\_  
              4      9      14      19

**Loner**

Items      —      —      —      —      =      \_\_\_\_\_  
              5      10      15      20

**My total STRESS SCORE = \_\_\_\_\_**